

# 1997 FIFTEENTH ANNUAL PROFESSIONAL SEMINAR

## AUDIO PRESENTATIONS

### *Seminar Theme: Embracing Resonance*

Many of the presentations given at this seminar were preserved as audio files. To listen to these recordings, click on the links in the *Details* section below.

#### **Introductory Comments: Laurie Monroe**

#### **Keynote Address: The Resonant Nature of the Universe**

The “*Embracing Resonance*” theme made Edgar D. Mitchell, ScD, Apollo 14 astronaut and founder of the Institute of Noetic Sciences, an especially appropriate keynote speaker for the 1997 Professional Seminar. Dr. Mitchell spoke eloquently of experiencing the resonant nature of the universe while returning from his historic moon flight. That experience inspired the development of a cosmology embracing both science and mysticism and detailed in his book, *The Way of the Explorer*. His personal knowledge allowed Dr. Mitchell to make challenging concepts, such as nonlocality, simultaneous time, and the wave/particle nature of manifest reality, understandable to a diverse audience. Consciousness was shown to function co-creatively in the evolution of the cosmos. Dr. Mitchell noted that consciousness disciplines such as Hemi-Sync allow us to interact with the information/energy fields underlying observable reality and to have influence at the most fundamental levels. Within this context, a variety of presentations developed specific applications. **(3 Tapes)**

#### **Hemi-Sync to Support Healing**

Robert C. Holbrook, Jr., PhD candidate, shared his personal use of Hemi-Sync to support healing after a near-fatal accident. Parallels between this technology and indigenous peoples’ uses of sound were developed.

#### **Dangerous Women - Hemi-Sync® and the Quest**

Joan D. Lundgren, PhD, defined the spiritual dimension of midlife transition and Hemi-Sync’s place in her Rim Model® of psychotherapy.

#### **Inspiring Hope with Hemi-Sync®**

David Atkinson spoke of using Hemi-Sync as an ally in challenging the often-hopeless prognosis of amyotrophic lateral sclerosis (Lou Gehrig’s disease).

#### **Seeing Your Energy Field (2 Tapes)**

To *METAMUSIC* accompaniment, Gari Carter led a series of simple but dramatic exercises for “seeing” one’s own and others’ energy fields.

#### **Hemi-Sync and its Effects on Biomarkers of Aging**

Vincent C. Giampapa, MD, discussed the encouraging results of a one-subject study assessing Hemi-Sync's effect on key biomarkers of aging.

### **Binaural Auditory Beats Affect Vigilance Performance & Mood**

James D. Lane, PhD, presented the final results of a double-blind study using binaural beat stimulation to increase vigilance. [See announcement in this issue.] **(2 Tapes)**

### **Focus Levels and Consciousness States**

Jonathan H. Holt, MD, described similarities between Hemi-Sync Focus levels and consciousness states achieved through neurofeedback and hypnosis.

### **Justine Owens**

Justine E. Owens, PhD, discussed preliminary findings of double-blind research using binaural beat stimulation to manage the perception of pain.

### **Roger-Michael Poirer**

Roger-Michel Poirier, MD, covered plans for the research design of a double-blind study using binaural beat technology to ameliorate anxiety.

### **Group Reports**

1997 Professional Seminar: Group 3 - Robert Monroe

1997 Professional Seminar: Group 4 - Edgar Mitchell

1997 Professional Seminar: Group 5 - Charles Tart

1997 Professional Seminar: Group 6 - Gari Carter, Justine Owens

1997 Professional Seminar: Group 8 - Rosie McKnight